LOOK BEYOND BEAUTY CREAMS
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PROVING IT
HOUSEWIFE DELVES INTO FORENSICS {page 10}

OTTAWA metro®
Tuesday, March 15, 2011
www.metronews.ca
News worth sharing.

Charges laid after trauma

Woman who was clinging to life now conscious and recovering in hospital, police say Authorities took couple's little girl into protective custody following attack

SEAN MCKIBBON
@METRONEWS.CA

A 24-year-old Ottawa man has been charged with attempted murder after a woman suffered severe head trauma in an alleged case of domestic abuse.

Robert James Johnston appeared briefly in court yesterday to have his case adjourned to Thursday.

Johnston was also charged with aggravated assault, forcible confinement and uttering death threats.

Police arrested Johnston Wednesday after being called to a home on Spearman Lane in Kanata where they found the woman beaten and bloodied.

Police have been guarding the residence ever since and have been combing the home for evidence.

The force's partner assault unit has been leading the investigation and as per its usual policy has been tight-lipped about the case.

Northeastern Japan. In ruins

▶ Upon hearing another tsunami warning, a father tries to flee for safety with his just reunited four-month-old baby girl who was spotted by Japan's Self-Defense Force in the rubble of tsunami-torn Ishinomaki yesterday.

Latest blast spreads fear of radiation leak

A third explosion in four days rocked a nuclear power plant in tsunami-ravaged northeastern Japan early Tuesday local time as authorities struggled to avert a catastrophic release of radiation. Japan's nuclear safety agency said the blast may have damaged a reactor's containment vessel and that a radiation leak is feared. Story, page 4.

'Nuclear renaissance'

TSX takes a hit amid uncertainty

Three hydrogen explosions at one Japanese facility create global hesitation to build more nuclear plants Uranium stocks drop off {page 6}

Friends, or maybe a little more?

Did Kunis have a role in Timberlake's split with Biel? {page 12}

Is there a light at the end of the tunnel?

Retirement residence pushes for traffic light at Baseline Road and Farlane Boulevard {page 3}

Sid the Kid takes a skate

After missing 29 games due to concussion, Crosby's back {page 20}

Appointment overload

Columnist Jessica Napier on checkup fatigue {page 8}

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‘Waiting for an accident to happen’

Residents of a seniors’ home on Baseline Road are hoping the new city council will help them in a years-long push for a traffic light.

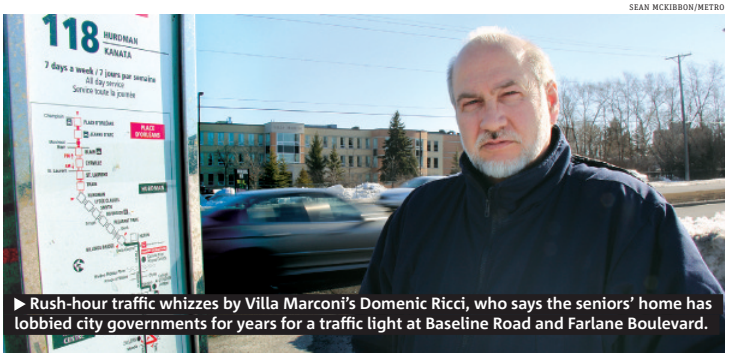
“It’s not safe and it’s just waiting for an accident to happen,” said Domenic Ricci, the long-term care facility’s director of community affairs. “I hope we don’t have to wait for a major accident before it’s taken seriously.”

Villa Marconi, at Baseline and Farlane Boulevard, has had traffic troubles since it opened in 1999, Ricci said. Drivers trying to merge onto Baseline or cross opposing lanes onto Farlane have to contend with heavy, fast-moving traffic and poor sightlines.

Pedestrians have it even worse, he said. Residents have to hike to crossings at Merivale Road or Fisher Avenue to across Baseline to the bus stop. Mayor Jim Watson, he said, asked residents to start a petition to get the light installed.

STEVE COLLINS

SEAN MCKIBBON/METRO



▶ Rush-hour traffic whizzes by Villa Marconi’s Domenic Ricci, who says the seniors’ home has lobbied city governments for years for a traffic light at Baseline Road and Farlane Boulevard.

Celebrating March break at the museum

Parents find ways to keep their kids off the couch during the break

JOE LOFARO
@METRONEWS.CA

Youngsters buzzed around inside the Canadian Museum of Civilization yesterday as parents chased after them on the first day of March break.

Dino Domenico took his two daughters, Alexandra, 10, and Jessica, 2, to the museum’s studio where they learned how to make kaleidoscopes. “Maybe I’ll show my friends at school,” Alexandra said after putting the final touches on the new toy.

Ryleigh Verner, 6, had help from mom in making sushi candles, which the museum launched to promote a new Japanese exhibit. Last night the museum hosted a free concert for families featuring Parikrama, while even more activities for all ages are planned throughout the week.

March madness

- **Kids** aged six to 14 years old will get the chance to play an assortment of sports at Carleton University, with a daily swim included.
- **Survivor Camp** at Holy Trinity High School. Challenge your kids mentally and physically with team-building activities and co-operative games.
- **Drama** Kids can also enjoy Drama and Improv at St. Laurent Complex.

JOE LOFARO/METRO

▶ Bella Falcucci, 8, and her brother, Alex, 10, whip up some creations at the Kid’s Café yesterday at the Canadian Museum of Civilization.

1 news

So how do stars ‘unknowingly’ perform for dictators? An agent explains. Scan code for story.

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Allan Small on why North American markets have been able to withstand volatility around the world. More at metronews.ca/investing

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Another blast rips crippled nuclear plant

Japan fears radiation leak after third explosion at facility Death toll from quake, tsunami rising

A third explosion in four days rocked a crippled nuclear power plant in tsunami-ravaged northeastern Japan early today as authorities struggled to avert a catastrophic release of radiation.

The cascading troubles at the Fukushima Dai-ichi complex were set in motion when last Friday's quake and tsunami knocked out power, crippling the cooling systems needed to keep nuclear fuel from going into full meltdown.

The latest blast happened in the plant's Unit 2 near a suppression pool, which removes heat under a reactor vessel, plant owner Tokyo Electric Power Co. said. No one was reported injured, but plant workers were temporarily evacuated.

Japanese authorities have been injecting seawater as a coolant of last resort, and advising nearby residents to stay inside to avoid contamination.

"It's like a horror movie," said 49-year-old Kyoko Nambu as she stood on a hillside overlooking her ruined hometown of Soma, about 25 miles from the plant. "We can see the damage to our houses, but radiation? ... We have no idea what is happening. I am so scared."

THE ASSOCIATED PRESS

Aftershock

Japanese police said last night the official death toll is more than 2,400. Thousands are missing.

- **Hundreds of bodies** have washed ashore along Japan's northeast coast.
- **In Miyagi** the police chief has estimated 10,000 deaths in his province alone.
- **The government** has streamlined the funeral process due to the number of deaths.
- **Millions of survivors** spent a fourth night with little food, water or heating.

Drive. In

▶ A truck sits inside a house yesterday after crashing into the Southeast Placentia, N.L., home's kitchen late Sunday.

THE CANADIAN PRESS/RCMP HANDOUT

An unwelcome house guest

A man has been charged in Newfoundland after an out-of-control pickup truck careened into a house, coming to a stop inside the kitchen. RCMP say two adults and three children were in other areas of the home in Southeast Placentia when the truck came crashing through on Sunday night. No one was hurt.

Mounties probe interference

The federal government has called in the RCMP to investigate political interference by a Conservative staffer in an access-to-information request.

Public Works Minister Rona Ambrose has asked the Mounties to probe the actions of Sebastien Togneri, who worked for Christian Paradis when he was minister of the department.

In July 2009, Togneri demanded that Public Works officials "unrelease" a document that was about to be sent to The Canadian Press, and then to censor it heavily.

The document was an annual report on how well the department manages its real-estate portfolio.

Ambrose asked for the police probe after a year-long investigation by Canada's information commissioner found that Togneri clearly interfered with the access-to-information request.

THE CANADIAN PRESS

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WEALTH WATCH

Net worth inches ahead

The net worth of Canadians rose 2.2 per cent in the last three months of 2010, thanks to a rebound in stock markets, Statistics Canada says. Still, the five to six per cent annual rate of growth is below the near 10 per cent gains that were the norm before the recession.

Household worth advanced to reach $181,700 per capita, while Canadians' collective worth totalled $6.2 trillion at the end of 2010.

But Statistics Canada noted Canadians continue to take on debt, with the ratio of household debt to disposable income at a record 149 per cent. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 55.06 (13,619.19)	– 0.16¢ (102.82¢ US)
Oil	**Natural gas**
+ 3¢ US ($101.19 US)	1,000 cu ft $3.951 US (+ 6.2¢ US)
	Gold
	contracts $1,424.90 US (+ $3.10 US)

Would you like Rihanna with that burger?

Toronto-based Mood Media has signed a deal to provide music and sound systems to 258 McDonald's restaurants in Poland. The company said the music will come from its Ear Candy catalogue which features tracks from composers and producers who have collaborated with Mariah Carey, Rihanna, and Justin Timberlake. THE CANADIAN PRESS

Uranium stocks hit as nuclear fears spread

SEAN GALLUP/GETTY IMAGES

▶ Anti-nuclear activists demonstrate yesterday at the Chancellory in Berlin, in reaction to the dramatic situation at the Fukushima nuclear plant in Japan. Analysts say that, in the long term, demand for nuclear energy — and Canadian-mined uranium — is unlikely to subside.

Drop in share price 'driven by emotion': Cameco CEO Jerry Grandey

The world's largest uranium miner sought to allay concerns over the future of the global nuclear industry yesterday as trouble continued at a Japanese power plant damaged in last week's earthquake.

Cameco's shares took a beating on the Toronto Stock Exchange, tumbling nearly 13 per cent to close at $31.70. It wasn't alone: Uranium One fell nearly 28 per cent and Denison Mines Corp. more than 22 per cent.

But even as Switzerland and Germany put the brakes on their nuclear programs, observers said China, India and Japan will likely continue to build nuclear plants, which means the uranium stock drops could be a buying opportunity for investors who believe the world's nuclear energy demand will support the industry long-term.

"We at Cameco don't see a dramatic effect on the fundamentals of our uranium business."
JERRY GRANDEY, CAMECO CORP. CEO

As for the wider impact of the Japanese disaster, analysts predicted it will have little effect on the Canadian economy. In the long view, both global and Japanese gross domestic product will likely get a boost from the massive rebuilding effort, economists said, which means Canadian exporters of copper, oil, lumber and other materials stand to benefit. THE CANADIAN PRESS

B I N G O

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The Ontario Charitable Gaming Association, the Commercial Gaming Association of Ontario and OLG are helping to revitalize Ontario's Charitable Bingo and Gaming industry. OLG is developing and offering new products and technologies – like electronic bingo and other games – to invigorate the traditional bingo experience, with the objective of generating more money for thousands of local charities. Visit **charitablegaming.com** to learn more about the new initiative and how 6 Bingo Centres have already raised over $30 million for Ontario charities through a pilot program.

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APPOINTMENT FATIGUE OVERWHELMING

She says ...

JESSICA NAPIER

For the period of time between the end of university and landing a real job I didn't have any health insurance. So I did what every unpaid intern does — I stopped going to the doctor, the dentist and every other medical professional in an attempt to save money.

When those benefits finally kicked in I started to take advantage in a big way. With the promise of financial reimbursement I began filling up my lunch hours, evenings and even weekends with a long list of appointments. I didn't just schedule an annual checkup — I enlisted a diverse team of medical experts to poke, prod and examine every inch of me.

For more than a year I was under the impression there was nothing wrong with me.

Now, there are an endless number of reasons to visit doctors, dentists, naturopaths (because maybe Western medicine doesn't have all the answers) and a whole range of specialists.

All of these appointments have to be painstakingly organized in my BlackBerry and colour coded in an agenda (yes, that near obsolete thing with paper pages) just in case my digital calendar malfunctions. My time management skills may be improving but I'm starting to develop serious appointment fatigue.

Even my efforts to improve my own health — the high-intensity spinning classes, the backbreaking boot camp — necessitate more medical intervention. I have to recruit chiropractors and physiotherapists just to fix the damage I'm doing to myself.

My strict schedule of self-improvement has left me feeling overbooked and overwhelmed. Now, even the fun activities — an occasional manicure, a day at the spa — have come to feel more like chores.

I have become my own Tiger Mom.

It seems the more I focus on taking care of myself, the more anxiety I feel.

And I know I'm not the only one.

The pressure to push ourselves toward perfection means there is always something more we can be doing and, as a result, we're scheduling ourselves to the point of exhaustion.

But taking care of yourself shouldn't feel like a full-time job. Claiming every penny of my insurance plan just because I can might actually be more unhealthy than skipping out on that annual checkup.

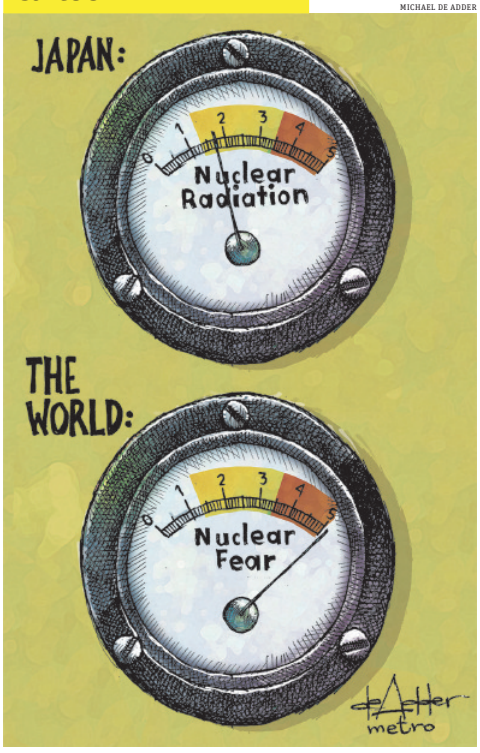
So I'm done with my tyrannical timetable for now — the only appointment left in my agenda is with an accountant.

Because you can always avoid the dentist but you can never, ever avoid your taxes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Turning to web for news

Worth mentioning

The rapid growth of smartphones and electronic tablets is making the Internet the destination of choice for consumers looking for news, a report released yesterday said.

Local, network and cable television news, newspapers, radio and magazines all lost audience last year, according to the Project for Excellence in Journalism, a U.S. research organization that evaluates and studies the performance of the press. News consumption online increased 17 per cent last year from the year before, the project said in its eighth annual State Of The News Media survey.

The percentage of people who say they get news online at least three times a week surpassed newspapers for the first time. It was second only to local TV news as the most popular news platform and seems poised to pass that medium, too, project director Tom Rosenstiel said. Local TV news has been the most popular format since the 1960s, when its growth was largely responsible for the death of afternoon newspapers, he said.

People are just becoming accustomed to having the Internet available in their pockets on phones or small tablets, he said.

THE ASSOCIATED PRESS

Close at hand

THE ASSOCIATED PRESS FILE

What's your favourite sport to play?

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Metro Minute at farm show

The farm comes to the city this week for the Ottawa Valley Farm Show, which runs today through Thursday at Lansdowne Park.

Ontario's longest-running agricultural trade show features more than 350 exhibitors offering the latest in farm machinery, equipment and services. This will be the show's last edition at Lansdowne before next year's move to the new trade show centre at the airport.

Gearheads can check out a large assembly of tractors and other heavy equipment in the Civic Centre parking lot and on the floor of the arena itself.

Admission is $8 for adults and free for kids younger than 12.

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▶ Lansdowne Park will host the Ottawa Valley Farm Show.

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2 scene

Scene in brief

Bryan Adams has confirmed that he's going to be a dad at 51. Yesterday, Adams posted on his Twitter account that a report out of the U.K. is "sort of correct (except for the 'friend' bit)." The Telegraph newspaper reported Sunday that Adams and his personal assistant Alicia Grimaldi are expecting a baby in May. Adams also tweeted out thanks for the "kind wishes" he's received.
THE CANADIAN PRESS

Survivor star Hatch presents himself to begin 9-month prison term

From Wisteria Lane to neurosurgeon

FRAZER HARRISON/GETTY IMAGES

▶ Dana Delany stars in the new ABC show Body of Proof, which premieres March 29.

Dana Delany takes the lead in new TV series Body of Proof Like her character, the actress had an accident where she injured her hands

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

After three years of doing domestic battle with five other female leads on Desperate Housewives, Dana Delany is taking the lead in Body of Proof. Delany plays Megan Hunt, a brilliant neurosurgeon who turns to forensics after a car accident impairs the use of her hands.

How did this project come to you?

It kind of came out of the blue. I was, you know, very happily on Desperate Housewives, and I got a call from the head of ABC saying, "We've enjoyed having you on Housewives but we don't know how much longer you're going to be on the show." And then he said, "But we have this other show we'd like you to think about." And I was kind of taken aback, but I'm not stupid. I saw the handwriting on the wall, so I thought, All right. Why not? Why not try it?

Is it true you have a strange connection to your character on this show?

I had a car accident right before we started shooting that was almost exactly like the show. It was a week before we started shooting. I was hit by a bus, and I had a concussion, and I broke two fingers. The bus driver asked me for my autograph after she hit me.

Did you give it to her?

No. (laughs) This is what she said. She said, "Didn't you see me coming?" I said, "Yeah, I saw you coming. You're a bus. I thought you were stopping." And she said, "I know who you are. Could I have your autograph?" (laughs)

You met with a real female neurosurgeon for research. What was her impression of the show?

She said it was really spot-on, because to be a female neurosurgeon at my age would have been almost impossible. You could not really have a life except for that. And she said that she could not get into any medical school because she wanted to be a neurosurgeon. They said, "But you're going to want to get married and have kids, and you're not going to follow through. So we're not going to take you in." Finally she got one guy to write her a recommendation saying, "OK, she's smart. She's passed everything. I'll write it, but she is a woman." You know, it's all this "But she is a woman" kind of thing.

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Did Mila Kunis play a role in Justin's split?

After many years as an item, Timberlake and Jessica Biel recently ended their relationship

ETHAN MILLER/GETTY IMAGES

Mila Kunis

Some insiders have been suggesting Mila Kunis played a major role in the recent split of Justin Timberlake and Jessica Biel.

But the Black Swan actress is blameless in this one, according to People magazine.

"Mila had nothing to do with their breakup. In fact, no one came between them. They decided their relationship ran its course, and it was time to move on," a source says, adding that Timberlake and Kunis are "not in a relationship. They star in a movie called Friends with Benefits, but they're just friends. That's it. They are not together." METRO

Sheen absent from twins' birthday party

RESTRAINING ORDER. Charlie Sheen's twin sons, Max and Bob, celebrated their second birthday over the weekend with a lavish party — but without their dad, according to Us Weekly. Sheen is currently locked in a nasty custody battle with the twins' mom, Brooke Mueller, who has a restraining order out against the troubled former Two and Half Men star.

"Brooke seemed to have a good time, too, and was relaxed and happy," said the source.

"She seemed focused on her kids and nothing else. There was a lot of security outside at all times to make sure no uninvited guests got in. There was no sign of Charlie at the party." METRO

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Gyllenhaal can't even get privacy in the washroom

HENRY S. DZIEKAN III/GETTY IMAGES

Jake Gyllenhaal

Things got a bit heated between Jake Gyllenhaal and a fan when the unidentified man tried to take Gyllenhaal's photo while in a men's room in Austin, Texas, according to Entertainment Tonight.

"That's true," Gyllenhaal said when asked about the encounter. "I think it's an appropriate space to keep privacy. I hope that people wouldn't disagree with me on that." Gyllenhaal was in town for the South by Southwest Festival, where his latest film, Source Code, was screening. METRO

Usher sex tape up for bidding

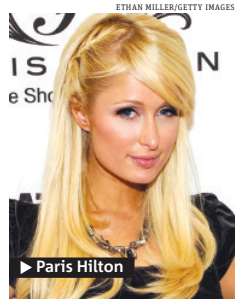
Usher

There is reportedly a homemade sex tape featuring R&B singer Usher and his ex-wife, Tameka Foster, floating around Hollywood, ready to go to the highest bidder, according to TMZ.

Representatives for the website say they've seen part of the video, and they insist Usher is definitely the star.

Sources close to the singer speculate that the video was stolen from his car in 2009, a break-in that resulted in Usher reporting more than $1 million worth of items stolen. His reps have no comment on the existence of the video. METRO

ETHAN MILLER/GETTY IMAGES



Paris Hilton

Is Paris Hilton domesticated?

Paris Hilton may finally be ready to settle down with her current boyfriend, nightclub owner Cy Waits, according to Hollyscoop. "I feel broody sometimes," Paris says of the idea of starting a family with Waits.

"I'd love kids in the future. Cy's the best boyfriend I've ever had. I'm so happy with him." And despite them both being arrested in Las Vegas last fall, Hilton seems much more domesticated with Waits. METRO

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Healthy teeth, healthy you

Extend your life by 10 years by simply brushing your teeth If you're feeling bloated, a lack of dental hygiene could be to blame

CELIA MILNE
LIFE@METRONEWS.CA

Don't get down in the mouth.

Caring for your teeth and gums is as important to your overall health as exercising, not smoking and not overeating. If you are pregnant, it could even prevent pre-term birth.

"You can't have good overall health without good oral health," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry and director of the International Centre for Oral-Systemic Health in Winnipeg.

When you don't brush and floss properly, the biofilm (a layer of protein) on the teeth becomes loaded with bacteria. The bacteria accumulates on the teeth and causes swelling and destruction of gum tissue. Once that inflammation develops, it's not limited to the mouth. It contributes to whole body inflammation because the oral bacteria and molecules involved in swelling enter your blood stream. This chronic inflammation in the body can make illnesses such as diabetes, atherosclerosis, heart disease, arthritis and colds worse, says Iacopino. It can also raise the risk in pregnant women that they will have premature labour or a low-birth-weight baby.

He suggests brushing and flossing twice a day (morning and night). Even rinsing with mouthwash is better than nothing. "Poor oral health has been linked to serious systemic diseases and poor quality of life as one gets older. For best health and enjoyment of life, pay attention to your oral health and make sure you do not have inflammation around your teeth." Common signs of oral problems are bleeding, loose teeth and constant bad breath. Iacopino suggests most people visit a dental professional for cleanings every six months. High-risk people — people with heart disease, diabetes or pregnant women — should visit the dental office more often.

Need more reason to take care of your mouth? Iacopino says, "Brushing and flossing have been linked to a 10-year increase in life expectancy."

PREGNANT? RINSE YOUR MOUTH

A new study done in Pennsylvania has found that pregnant women who rinse with mouthwash have a lower risk of giving birth earlier than those who don't.

Other studies have found a link between gum disease and preterm birth.

"For pregnant women who can't brush or floss their teeth as much as they'd like to, something as simple as using an antimicrobial mouthwash once a day can significantly reduce the chances of adverse pregnancy outcomes (premature labour or low birth weight)," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry.

CELIA MILNE

3 life

Did you know?

The best time to brush your teeth is about an hour after eating.

After we eat, bacteria on the teeth make acid from the sugars in the food. The saliva has a natural ability to remineralize the teeth after this acid attack.

Waiting an hour after eating until you brush your teeth gives your saliva a chance to do its job of rebuilding tooth enamel.

CELIA MILNE

Study suggests lower stroke risk in women who drink at least a cup of java a day

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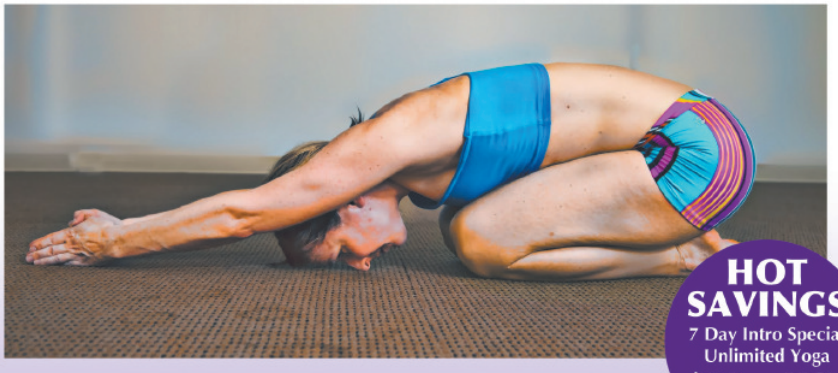
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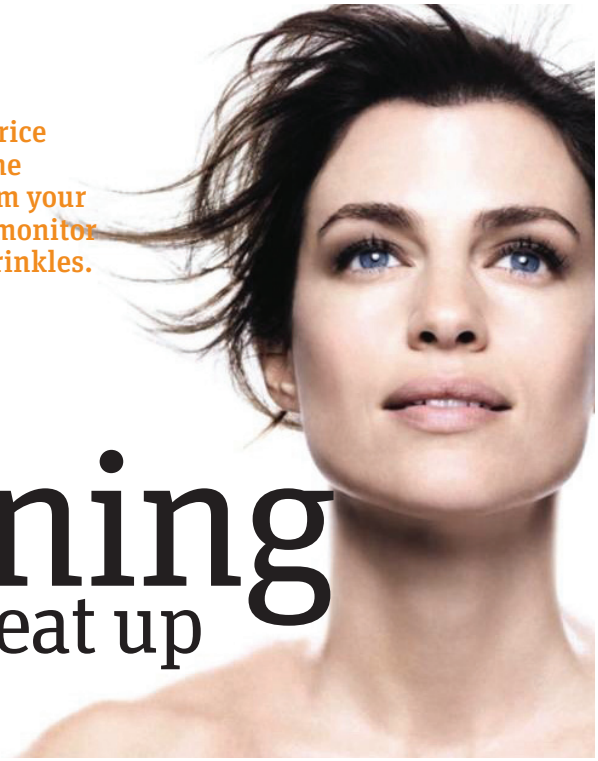
Worried about wrinkles?

Dr. Nicholas Perricone looks to your diet and lifestyle for answers.

1. **Exercise:** The skin of those who exercise regularly has proven to contain healthier collagen, necessary for skin strength and flexibility.
2. **Short Naps:** They give you extra energy, making you more alert and productive throughout the day.
3. **Smoking:** Increases the production of an enzyme that breaks down the supply of collagen to the skin's structure.
4. **Diet:** Sugar (all forms), processed foods, pasta, bread, pastry, and snacks such as chips and pretzels all cause a highly destructive pro-inflammatory response in our bodies.
5. **Sun exposure:** Exposing our skin to the sun over a long period of time reduces collagen levels in the skin. The sun's UV-A rays generate free radicals that oxidize the proteins, lipids and DNA in the skin. The result is a shortage of the molecule the body uses to make collagen.

BACK TO BASICS: Forget price tags on beauty creams. It's the nutritional tags on items from your grocery list that you should monitor if you're trying to fight off wrinkles.



Quit frowning and eat up

ROMINA McGUINNESS
LIFE@METRONEWS.CA

Over the years, cosmetic junkies have bought as many "promises of eternal youth" in overpriced jars as they have jam pots.

Perhaps the answer lies outside the department store.

We spoke to Oprah-approved Dr. Nicholas Perricone, author of The Wrinkle Cure, and left with this advice: Stop looking in the mirror, and start looking on your plate.

Feed your wrinkles

Perricone says an anti-inflammatory diet is the key to wrinkle-free skin. While not visible on the surface, inflammation speeds up the rate at which collagen — the skin's "glue" — is broken down. By eating the recommended foods, you'll be protecting your collagen (and yourself) from breaking down.

THINKSTOCK

Green Tea

Rich in antioxidants, green tea helps fight inflammation and age-accelerating free radicals. What's more, green tea contains a compound, theanine, that acts as a natural mood elevator.

FLICKR-SDIDDY

Cinnamon

The active ingredients found in this super spice trick the cells into mounting their own defence against ageing. No more than one quarter of a teaspoon a day helps prevent wrinkle formation.

THINKSTOCK

Extra Virgin Olive Oil

Virgin olive oil contains abundant amounts of the antioxidant polyphenol, and the essential fatty acids in olive oil nourish the skin and provide anti-inflammatory activity.

THINKSTOCK

Salmon

Wild Salmon is one of the best sources of heart healthy protein and is rich in omega-3 essential fatty acids. It inhibits inflammation, helping keep the skin looking young, radiant and supple.

Going from dull to dynamic

When we run low on essential salts, the body starts drawing from its own resources and the results will show — in skin, hair and eyes Here's how to shine.

ROMINA McGUINNESS
LIFE@METRONEWS.CA

Naturopath and facial analyst Elizabeth Gibaud has a theory: We are like plants. The body's cells need essential minerals and salts in order for our bodies to function properly, just as plants do. So Gibaud looks for tell-tale signs, including skin colour, hue and markings, to understand what is really going on inside.

Here we have some ideas on how you can have a better complexion, shinier hair and a brighter smile, so you can be a healthier you.

TONGUE

Should look: Pink
Looks: Grayish white and furry
Problem: Your tongue has an unpleasant furry coating and a sweet taste lingers in your mouth.
Solution: The coating suggests a build up of acid, and sodium phosphate will address this imbalance. Taking potassium chloride will help with any digestion issues.

SKIN TONE

Should look: Rosy pink with a soft glow
Looks: Dirty grey, yellow
Problem: The quality of air surrounding us is the most important factor affecting skin tone. A farmer exposed to purer air all day will have a better complexion than someone working in the city.
Solution: An intake of tissue salts, calcium phosphate (sulphur), will put the sparkle back in your skin. Plenty of fresh air allows the skin to breathe and get oxygen.

SKIN TEXTURE

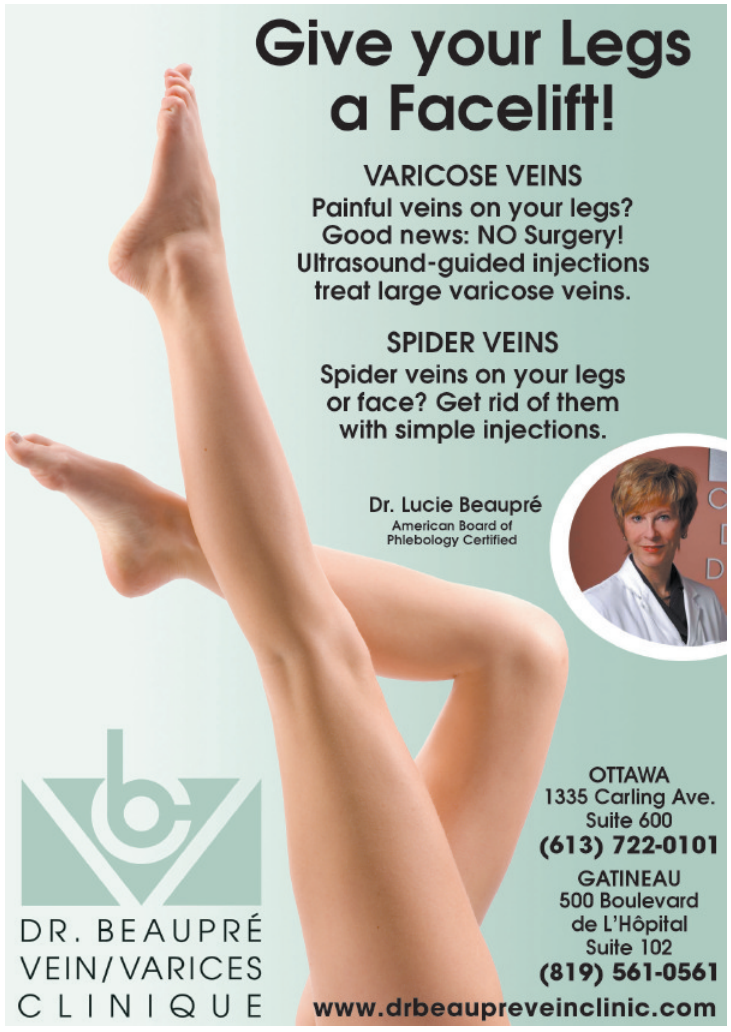
Should look: Smooth and soft
Looks: bumpy, lumpy, spotty with open pores
Problem: The open pores could be a sign of too much acid in your system.
Solution: Take silica to help rebuild skin tissue. A good laxative will also help get rid of toxins.

EYES

Should look: Bright, sparkling and clear
Look: Dull, irritated, yellow, puffy or with a heavy dark rim around the iris
Problem: Our eyes mirror our body inside and out. The dark rim around the iris should only be slight; a heavy one reflects a health issue. A yellow tinge in the eyes could be a problem with your liver. Expose your body to some natural light and when showering, give yourself a good body brush to open up your pores. Puffiness under the eyes is usually a sign of bowel problems.
Solution: Try ferrous phosphate, a cell salt known as the "oxygen carrier." It carries oxygen to all cells of the body, helping it to convert it into energy.

HAIR

Should look: Thick and shiny
Looks: Brittle and dry
Problem: If you get split ends, your hair has lost its lustrous look and your scalp is itchy, then you may be lacking silica in your diet. To lock the moisture in your hair, try foods high in silica, such as asparagus, potatoes and sunflower seeds. You could also be lacking oil.
Solution: Silica helps your hair retain moisture and appear healthier. Flax seed oil can prevent split ends and overall dryness.



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A reminder from your eye health professionals:
Visiting your optometrist regularly is good prevention.
An eye exam will identify vision problems and eye diseases that may affect your daily life.

Yogalicious muscle building

DAILY SQUEEZE

ASIA NELSON
ASIA NELSON IS A CERTIFIED ADVANCED YOGA INSTRUCTOR AND DIRECTOR OF PRANALIFE YOGA IN KITCHENER, ONTARIO. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

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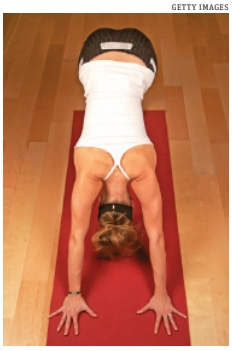

Many clients often ask me how to build the upper body strength required in Ashtanga and other yoga styles. My first reply is that of yoga guru Sri K. Pattabhi Jois: "Practice, practice, all is coming." In other words, just doing yoga will give you the strength to do more yoga. That being said, here are two specific exercises to strengthen your upper body and core.

Walk-out plank
Begin in regular plank pose on hands and toes with your body in a straight line, hands rooted under the shoulders, tailbone reaching for your heels and strong legs.

Once you can hold plank for 45 seconds with even breath, you're ready. Start changing the posture by inching your hands forward, keeping your core lifted and legs strong. Eventually you want your body to come within inches of the floor with arms almost straight out in front of you.

Try not to rush and maintain a sense of control as you move forward. Stay at your edge for at least two even breaths before trying to go further.

Dolphin pushups
Come to your hands and knees, then place your elbows on the floor directly under your shoulders and interlace your fingers. Lift your hips up, using your thigh strength to press the thigh bones back (like you're in a Down Dog, but on your forearms).

When you can easily hold this position for five to 10 breaths, stop timing the pose and begin the pushups. On your exhale, draw your chin toward the floor in front of your interlaced fingers and on your inhale use your core and leg strength to come back to the original position.

Start with just a few pushups and build up to 10.

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YOUR WISDOM TEETH: ARE THEY KEEPERS?

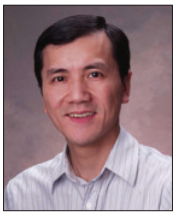
As anyone who visits their dentist on a regular basis is likely aware, **one of the number one goals we have is to ensure you keep your natural teeth for as long as possible…all of them!** There can be one exception. Wisdom teeth.

Wisdom teeth are the third and last set of molars that will develop for most of us. They usually come in during the teenage years. However, it is quite common for them to first erupt in people as late as the mid-twenties.

When wisdom teeth erupt fully and are properly aligned, there is no reason to remove them. Unfortunately, many people find their wisdom teeth are not so well aligned or that they fail to fully erupt from the gum line.

Poorly aligned wisdom teeth can cause many problems. First and foremost, they can result in crowding. This can affect the bite and may result in uneven wear and tear on teeth throughout the mouth. Some people will experience strain in the muscles around the mouth which, in turn, may result in frequent headaches or general pain in the jaw joint.

Even chewing with misaligned teeth can prove difficult, sometimes painful, and this can have an impact on nutrition. Nutritious foods, such as raw fruits and vegetables, that are hard to chew may be passed over for less healthy, but easier to chew, alternatives.



Dr. David Lui
Dental Surgeon

Crowding also makes all teeth harder to clean. It makes it more difficult to get at trapped food particles with conventional brushing and flossing. Consequently, plaque may accumulate on both the wisdom teeth and the adjacent teeth that are affected by the crowding. With increased plaque build-up, **the risk of decay is increased**.

Crowding may still be a problem even if your wisdom teeth have not erupted. They may be under the surface of the gum line, still putting pressure on the adjacent teeth.

Moreover, **partially erupted wisdom teeth provide an opening that makes it easier for bacteria to make its way to the bloodstream**. This can lead to serious health complications, including infections or even heart disease.

Your best bet is to have your dentist monitor the development of your wisdom teeth. By using x-rays, your dentist can usually determine if your wisdom teeth are likely to make a proper and beneficial appearance or if problems are likely to be just around the corner.

If you are the parent of a university student who will soon be returning home after another school year, now may be the perfect time to **schedule an appointment** to check out how those wisdom teeth are doing.

Talk to your dentist if you are concerned about your wisdom teeth. S/he will recommend keeping them if it is possible. However, if keeping them is not in the best interests of **your oral health**, it is usually easier to remove them sooner than later…because ensuring the proper development of ALL of your teeth is a healthy habit…and healthy habits lead to healthy lives.

Dr. David Lui
- Dental Surgeon

Of heavenly meatball submarine sandwiches

Parma Ravioli manages to make the usually boring sandwich exciting

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

SHARI GOODMAN

Parma Ravioli is known for its meatball sandwiches, which are served on fresh rolls.

I never understood the appeal of a meatball sandwich. Meatballs, sauce and mozzarella on a sub. Sounds boring. But done right, it's comfort food heaven.

Parma Ravioli is famous for its homemade pasta and meatball sandwiches.

Surrounded by olive oil bottles, we grabbed one of the few two-person tables to dine-in at this busy lunch establishment.

While I waited for my sub, I watched the chefs in the back slap out the pasta, browsed through the variety of Italian dishes ready to take home and picked up a meat lasagna for dinner.

Tucking in, the fresh, crusty roll was filled with perfectly sized and seasoned meatballs and just the right amount of sauce. Not drowning, but just enough to wet the meatballs and provide texture. The sauce could have been brighter in flavour, but it was tomato-y.

This sub has rolled onto my comfort food list.

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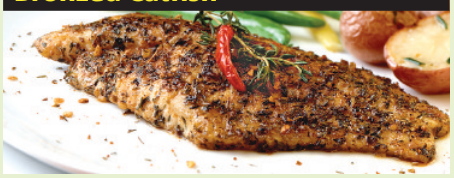
Reservations: No
Price range: $$
Rating: 4 out of 5

CATFISHINSTITUTE.CA

Bronzed Catfish



EMILY RICHARDS
FOOD@METRONEWS. CA

Looking to add spice to a weeknight meal? Try catfish and enjoy the flavours of the South.

Preparation:

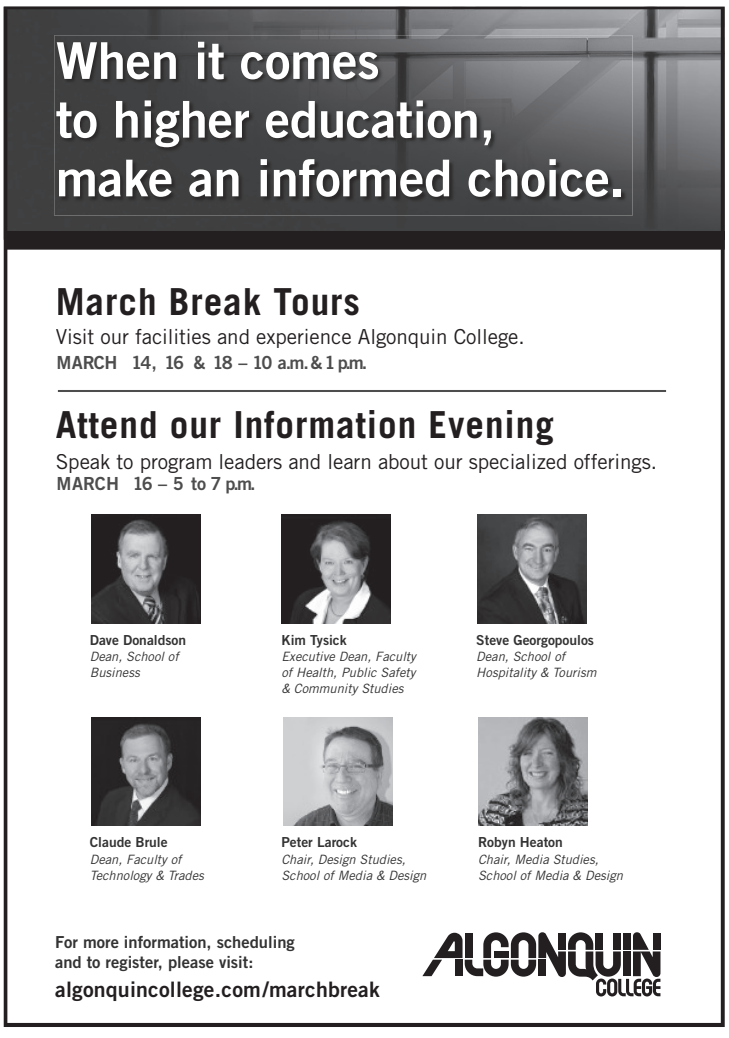
1. In a small bowl, combine paprika, oregano, thyme, onion and garlic powder, salt, black and cayenne peppers. Sprinkle both sides of fish with spice mixture, patting into fillets.
2. In skillet, heat oil and butter over medium-high heat. When it begins to bubble, add fillets. Cook for 4 minutes per side or until fish flakes with a fork.
3. Serve each fillet with a wedge of lemon for squeezing over top.

CATFISHINSTITUTE.CA

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 2 tsp (10 mL) each paprika, dried oregano and thyme leaves
- ½ tsp (2 mL) each onion powder and garlic powder and salt
- ¼ tsp (1 mL) black pepper
- Pinch cayenne pepper
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tsp (10 mL) olive oil
- 1 tsp (5 mL) butter
- 4 lemon wedges



SINGLE PARENTS: DON'T LIMIT YOURSELF

How does a single parent date? And how are we supposed to scope out the other single parents at the park without looking like we're trying to pick up happily married spouses, and do all that without letting your child fall off the jungle gym? And once you're out with someone — parent or not — how much do you talk about your child?
All questions, no answers.

Dear AQNA,

I'll focus on the jungle gym question since I still play on them. First priority is safety. I'd suggest a harness. Or maybe those leashes that make kids look like dangerous pets with rabies.

If this fails, you should be a sprint away from karate chopping a potential kidnapper, or resuscitating your child in the event of marble indigestion. While keeping a watchful eye, approach your prey from the side. No one likes people creeping up on them from behind. Crack some lame joke about parenthood. If he/she is decent, he won't laugh.

You'll chat about things like the quality of the sand in the sandbox, at which point your target should mention something about his partner, and since you've kept it neutral, no one is embarrassed. Now you can make a graceful exit or network. After all, other parents can be a great source of play dates and even match you up with their hot, single and kid-friendly neighbour.

Andrea

Dear AQNA,

When we're around other single parents, it's because we're with our own children, so the best you can do is hope that your kids will either play together or attack each other so that both parents have to intervene, and POOF! Cupid will strike. Except that only happens in movies.

Here's what not to do (I know because I've done it).

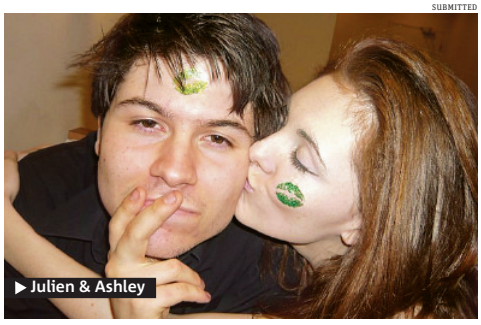
1. Don't limit yourself. There are non-parents out there who can care about your child almost as much as you do, simply because he/she is yours (although many single men suffer from what I call the "National Geographic effect" and react like animals in the wild, who would rather eat another male's child than feed it). But they exist — they're like the truffles of the romantic world, a rare delicacy.

2. If you date a non-parent (Muggle?), let them know you have a child, but not in a defensive, "I eat bullets for breakfast" tone. Just remember that unless you want to talk about your date's job/pet/family all night, you shouldn't bore them with burp stories.

Claire

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

SUBMITTED



▶ Julien & Ashley

Names:
Julien, 20, and Ashley, 21
Hometown:
Toronto
Together since:
2007

LITERALLY LOVE AT FIRST SIGHT

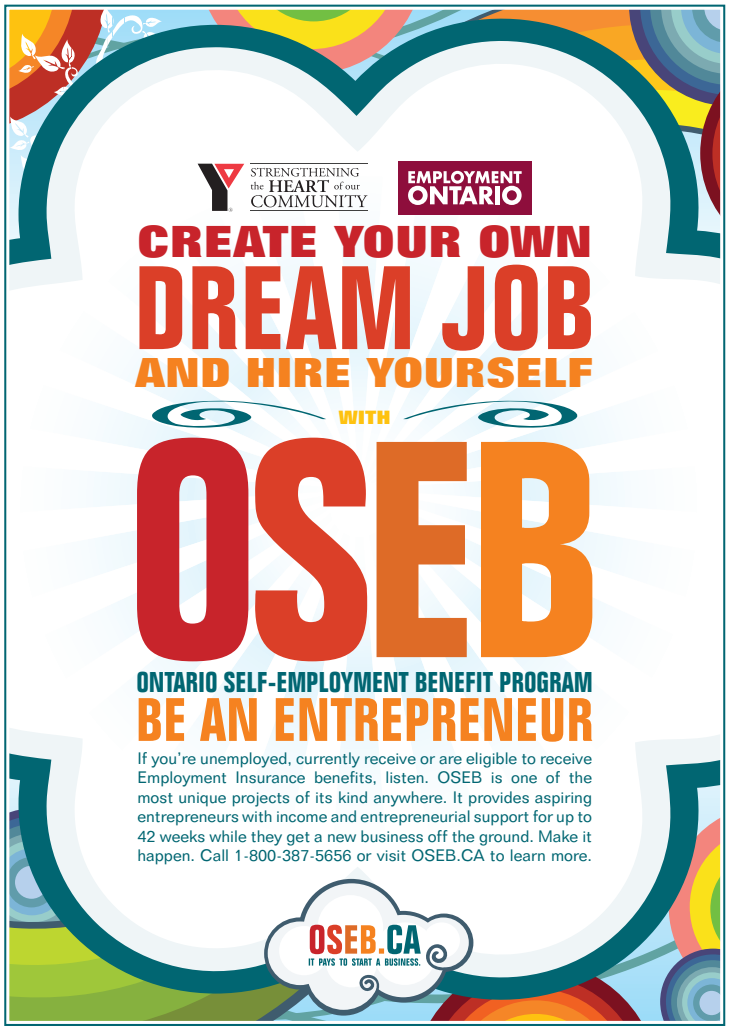
I (Ashley) met Julien in Fredericton where we were both living at the time. I actually met him through a friend who had recently ended a short relationship with him (they decided it would be best to just be friends).

At the time, I was looking for a photographer to do some headshots, and my friend suggested Julien.

I loved his work and immediately set a date for the shoot. That day, I met him outside of a '50s diner, and it literally felt like love at first sight, as cheesy as that sounds! My friend (a.k.a. his ex) joined us for the photo shoot, and Julien and I kept flirting when she wasn't looking. But later that night, my friend admitted she still had feelings for him. I felt terrible!

But the more all three of us hung out together, the more she saw that he really liked me — and she realized she didn't like him "like that" anymore. One night, Julien and I chatted till 4 a.m., talking in a sort of code about how we really liked one other. But he finally asked me straight out if I would be his girlfriend. I said yes and we've been together ever since!

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY



Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

CLASSES AND TAXES

If you're a student, don't fork out any more dough than you have to!

The most powerful student tax credit is for tuition. All students receive a T2202A form stating the amount of tuition paid in a year. Schools will either mail it to you or make it available through a secure online website. Without this form, you can't claim tuition and other valuable education credits like the Textbook Tax Credit. Scholarships or bursaries are tax free if your program qualifies.

Tuition and education credits must first be applied to your tax return to reduce tax payable to zero before transferring anything in excess to a parent, grandparent or spouse. You can transfer up to $5,000 per year in credits. Anything extra is carried forward and cannot be transferred.

Full time students benefit from a Textbook Tax Credit of up to $65 per month and $20 per month for part-time students. Sadly this credit is not linked to the number or cost of textbooks purchased, which can cost thousands annually.

If you take public transit to campus, you can claim the Transit Tax Credit. But, ensure you keep your passes and receipts so that you can back up your claim. If you move more than 40 kilometers for a summer job, you can claim moving expenses against your employment income. Deductible expenses include travel, transportation, storage and the cost of meals and temporary accommodation.

Even if you have zero income, you should file a 2010 tax return, which allows you to collect the GST/HST credit.

Once you've completed school, those dreaded student loans also have tax advantages. The interest on federal and provincial student loans is deductible. But loans or credit lines outside of the government student loan programs are not deductible

Visit the Service Canada website for more information at servicecanada.gc.ca.

Giving globally

ISTOCK

▶ When doling out your dough it pays to think globally.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Perhaps you'd like to participate in the economic juggernaut of China.

You might also be feeling the siren call of India and the hard charging South Korea. And what about Latin America, which may be the next stock market big thing?

The problem investors face is wading through tens of thousands of stocks, ETFs and mutual funds in order to pick investments in those far flung places.

There is a better way. Take advantage of the strong loonie and don't stray from the United States.

Think of it as investing the way Arnold Swartzeneggar went on holiday in the movie Total Recall. He plugged into a machine that transported him around the galaxy. You can do more or less the same thing with your investments.

Here's an interesting stat: Over 40 per cent of the revenue generated by companies in the S&P 500 Index comes from outside the United States.

According to RBC analyst Rajan Bansi, YUM, which operates the KFC brand in China, gleans roughly one-third of its revenues from that country alone.

Bansi also points out that McDonald's, long a global presence, earns over 50 per cent of its revenues outside the United States and Coke clocks in at 70 per cent.

You don't need to focus just on food and drink to get global exposure with U.S. companies.

Colgate-Palmolive, that staple of conservative investors, generates over 50 per cent of its revenues in countries other than the U.S.

An advantage to global investing through North America is that most of the large companies doing business around the globe also pay good dividends, which have proven to be quite stable over time.

Money matters

Projected 2011 Gross Domestic Product Growth Rates:

U.S.	2.6%
India	8.3%
China	9.6%

1 Exclusively available from Rogers within Rogers Cable serviceable area. SpeedBoost technology temporarily increases download speeds for the first 10 MB of a file download when extra bandwidth is available on the network. Actual speed may vary based on network traffic, amount of data transferred and length of time since last boost and other factors. 2 Offer available for a limited time to new Rogers Hi-Speed Internet Lite tier and above customers (excludes Ultra-Lite) with 1-yr. term and is subject to change without notice. Early cancellation fee applies. A $14.95 one-time activation fee applies. Offer may not be combined with any other internet offer/discount. Regular monthly rates apply after promotional period. ©2011

4 sports

Senators preview

Penguins at Senators
7:30 p.m.
TV: SNET-E
Radio: AM 1200

After shelling the league-worst Oilers 5-0 on Sunday, Pittsburgh (40-22-8) will look for another win against a lowly opponent. The Penguins also got some good news after Sidney Crosby took part in a light practice skate yesterday. Their star still has no timetable for a return from a concussion.

Ottawa (25-35-9) returns home after a surprisingly successful road trip. The Senators won three straight games on the road, all by 2-1 scores. They lost Sunday to Buffalo, and now focus on a three-game homestand starting with Pittsburgh.

THE CANADIAN PRESS

Scan code for more sports

Bettman puts plan in place

Unprecedented move by commissioner in outlining a new system to deal with concussions GMs now have to define which hits are legal or illegal

JAMIE SQUIRE/GETTY IMAGES

Sidney Crosby headlines the list of players who have recently been sidelined with concussions.

Gary Bettman fired a pre-emptive strike on the opening day of meetings for NHL general managers, announcing a five-point plan to try to deal with the rise of concussions.

The GMs have gathered in Boca Raton, Fla., to examine concussions for three days before deciding if they want to propose a rule change. Bettman wasn't content to wait.

"There are a series of steps that we have been working on from a league perspective to address the issue of player safety," he said yesterday.

A key component of his plan is a change to concussion protocol requiring players displaying symptoms to be given a baseline test by a doctor in a quiet location before returning to the ice. Until now, trainers were able to do an examination on the bench during a game.

That will be in place by the end of the week.

Headed for safety

Bettman's plan also includes:

- Having executive Brendan Shanahan continue work with the NHLPA to expedite equipment modifications.
- Imposing fines on teams and coaches that have players who rack up a high number of suspensions.
- Retaining safety engineers to ensure arenas meet standards, including the elimination of seamless glass by next season, a response to the neck and head injuries to the Montreal Canadiens' Max Pacioretty last week.
- Forming a special committee of Shanahan, Rob Blake, Steve Yzerman and Joe Nieuwendyk to continue looking at the concussion issue.

The GMs also received a presentation from the NHL's hockey operations staff showing video and data of plays that have caused concussions this season.

Of the approximately 80 concussions suffered by players in 2010-11, the NHL found that 44 per cent were caused by a legal hit. Another 26 per cent came on plays that were deemed accidental, 17 per cent were ruled to be the result of an illegal hit and eight per cent were due to fights.

Five per cent couldn't be accounted for because they occurred on an undetected play. THE CANADIAN PRESS

Strikeforce joins UFC stable

250
Strikeforce CEO Scott Coker says the San Jose-based promotion has around 140 fighters under contract. The UFC has more than 250.

The UFC has added 140 more fighting recruits in its battle to go global.

Yesterday, UFC officials painted their purchase of Strikeforce as a bid to help meet the growing worldwide demand for mixed martial arts rather than swallow up another rival promoter as it did previously with Pride, World Fighting Alliance and World Extreme Cagefighting.

UFC co-owner Lorenzo Fertitta said the UFC wants a larger presence in places like Europe, Asia and Australia.

"The U.K.'s a perfect example. Going to London one time a year, we're kind of shortchanging that market," Fertitta told a media conference call. "We're working on the ability there to have a stronger presence in a meaningful way, up to eight, nine, 10 times a year."

Strikeforce is the No. 2 MMA promoter in North America behind the UFC. THE CANADIAN PRESS

Crosby back on ice for light skate

Penguins centre Sidney Crosby returned to the ice yesterday for the first time since missing 29 games with a concussion. But if you're looking for the Pittsburgh captain's return date, it's still anyone's guess.

"I have no clue," Crosby said. "I just want to get better. This is part of the way to do that. I'm just kind of taking that step and seeing how it goes."

Crosby, who last played on Jan. 5 in an 8-1 win over Tampa Bay, practised in full gear for about 15 minutes at the Consol Energy Center. It was a light workout with a skating drill around some cones, and a few shots on net.

"I've had some good days here the last few, and I was able to get on a bike and exercise a bit. I didn't have any symptoms doing that," he said. "I was given the opportunity to skate, the doctors said I could give it a try and see how I feel."

The Penguins, without Crosby and injured forward Evgeni Malkin (knee), have stayed afloat in the Eastern Conference playoff race. They sit just three points behind first-place Philadelphia.

Crosby also weighed in on the general managers meeting underway in Florida. The GMs, under pressure to address headshots in the league, announced a new protocol yesterday.

"There's obviously got to be some clarity," said Crosby.

"Everything's got to be looked at. It's a pretty fast game. There may be times when guys maybe don't (aim) for the head but come into contact with the head. What do you do in that situation?

"As far as deliberate headshots, you don't lose anything from the game if you take that away. You don't lose anything at all."

Crosby's return to the ice comes a week after a radio report out of Toronto in which FAN 590's Bob McCown floated the idea family members were trying to convince him to retire. The notion was quickly debunked.

When asked post-practice if he ever considered retirement, his reply was a fast "no." THE ASSOCIATED PRESS

"It's a step in the right direction. It doesn't mean that today I won't have symptoms, and I'll have to take a step back a bit."
SIDNEY CROSBY

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	68	42	19	4	3	219	182	91	21-10-2-2	21-9-2-1	4-4-2-0	L1
d-Washington	70	40	20	5	5	189	171	90	22-8-2-5	18-12-3-0	9-1-0-0	W8
d-Boston	68	38	21	4	5	205	164	85	16-12-3-2	22-9-1-3	6-3-1-0	L4
Pittsburgh	70	40	22	5	3	201	171	88	22-12-2-0	18-10-3-3	4-3-3-0	W1
Tampa Bay	70	39	22	4	5	210	211	87	22-9-1-4	17-13-3-1	4-4-1-1	W1
Montreal	69	38	24	4	3	184	172	83	21-8-3-3	17-16-1-0	7-3-0-0	W1
Buffalo	69	34	27	7	1	203	201	76	15-15-2-1	19-12-5-0	6-2-1-1	W1
NY Rangers	70	36	30	2	2	198	171	76	15-17-1-2	21-13-1-0	5-5-0-0	W1
Carolina	69	31	28	5	5	196	209	72	18-11-2-2	13-17-3-3	3-5-1-1	L4
Atlanta	69	29	28	5	7	194	222	70	14-14-2-5	15-14-3-2	4-4-1-1	W1
Toronto	70	30	30	5	5	184	218	70	16-14-3-4	14-16-2-1	4-3-2-1	L1
New Jersey	68	32	32	3	1	146	174	68	16-14-2-1	16-18-0-1	8-2-0-0	W2
Florida	69	28	32	5	4	173	191	65	14-14-5-3	14-18-0-1	3-5-2-0	W1
NY Islanders	70	27	32	6	5	194	220	65	16-15-1-4	11-17-5-1	4-2-3-1	L1
Ottawa	69	25	35	5	4	157	215	59	11-18-2-3	14-17-3-1	6-4-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	70	45	16	4	5	229	165	99	23-7-1-4	22-9-3-1	7-3-0-0	W5
d-Detroit	69	41	20	5	3	227	199	90	18-11-3-2	23-9-2-1	4-4-1-1	W2
d-San Jose	69	39	22	4	4	194	177	86	18-11-2-3	21-11-2-1	6-2-0-2	L2
Los Angeles	69	39	25	3	2	192	168	83	20-11-2-0	19-14-1-2	7-2-1-0	W3
Phoenix	70	36	23	7	4	202	200	83	17-11-4-2	19-12-3-2	4-4-1-1	W2
Chicago	69	37	24	3	5	226	194	82	21-14-0-0	16-10-4-4	7-1-1-1	L3
Dallas	69	37	24	3	5	193	193	82	19-10-2-4	18-14-1-1	5-3-2-0	L1
Calgary	71	36	26	3	6	214	203	81	21-11-1-3	15-15-2-3	5-4-0-1	L2
Nashville	69	35	24	6	4	177	161	80	17-7-4-3	18-18-1-1	4-4-1-1	W2
Anaheim	69	37	27	3	2	195	202	79	21-12-1-1	16-15-2-1	5-4-1-0	L1
Minnesota	69	35	27	2	5	176	184	77	17-13-1-3	18-14-1-2	4-5-1-0	L2
Columbus	68	32	27	4	5	188	206	73	16-14-1-2	16-13-3-3	3-4-1-2	W1
St. Louis	69	30	30	4	5	193	207	71	20-12-1-3	11-17-3-2	4-6-0-0	L1
Colorado	68	26	34	7	1	191	239	60	14-17-4-0	12-17-3-1	1-8-0-1	L8
Edmonton	70	23	38	2	7	172	231	55	12-19-1-3	11-19-2-3	4-5-1-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Tampa Bay 6 Toronto 2
San Jose at Chicago
Minnesota at Vancouver
Sunday's results
Buffalo 6 Ottawa 4
Pittsburgh 5 Edmonton 1
Phoenix 5 Anaheim 2
Los Angeles 3 Dallas 2
Washington 4 Chicago 3 (OT)
Tonight's games
All times Eastern
Atlanta at New Jersey, 7 p.m.
N.Y. Islanders at N.Y. Rangers, 7 p.m.
Boston at Columbus, 7 p.m.
Washington at Montreal, 7 p.m.
Pittsburgh at Ottawa, 7:30 p.m.
Philadelphia at Florida, 7:30 p.m.
Carolina at Buffalo, 7:30 p.m.
Los Angeles at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Phoenix at Calgary, 9:30 p.m.
Tomorrow's games
Toronto at Carolina, 7 p.m.
Washington at Detroit, 7 p.m.
Colorado at Vancouver, 10 p.m.
St. Louis at Anaheim, 10 p.m.

LIGHTNING 6, MAPLE LEAFS 2

First Period
1. Tampa Bay, Thompson 8 (Purcell, Clark) 9:53
Penalties — Bergenheim TB, Kessel Tor (slashing) 3:41, Lundin TB (high-sticking) 6:23, Bergenheim TB (tripping), Grabovski Tor (unsportsmanlike conduct, diving) 7:27, Brewer TB (interference) 19:58.
Second Period
2. Toronto, Phaneuf 5 (Brent, Lupul) 5:12
3. Tampa Bay, Ritola 3 (Hall, Thompson) 9:25
4. Tampa Bay, Ritola 4 (Purcell, Clark) 12:34
5. Toronto, Kulemin 26, 14:37
6. Tampa Bay, Lecavalier 18 (Gagne, Purcell) 18:53
Penalty — Ohlund TB (delay of game) 15:18.
Third Period
7. Tampa Bay, Moore 13 (St. Louis, Stamkos) 8:27
8. Tampa Bay, Lundin 1 (Stamkos, St. Louis) 14:32
Penalties — None.
Shots

Tampa Bay	13	10	13	—36
Toronto	7	12	13	—32

Goal (shots-saves) — Tampa Bay: Roloson (W,20-22-3); Toronto: Reimer (L,13-7-4)(29-34), Giguere (8:27 third, 7-6). **Power plays (goals-chances)** — Tampa Bay: 0-0; Toronto: 0-3. **Referees** — Mike Leggo, Don VanMassenhoven. **Linesmen** — Scott Cherrey, David Brisebois.
Att. — 19,410 (18,819) at Toronto.

SUNDAY

PENGUINS 5, OILERS 1

First Period
1. Pittsburgh, Kunitz 19 (Kennedy, Staal) 19:25
Penalties — Omark Edm (hooking) 9:14, Jones Edm (hooking) 11:31, Kovalev Pgh (holding stick) 16:37, Martin Pgh (cross-checking) 16:51.
Second Period
2. Pittsburgh, Talbot 8 (Dupuis, Lovejoy) 6:27
3. Pittsburgh, Staal 8 (Kennedy, Cooke) 18:56
Penalties — Kunitz Pgh (slashing) 8:09, Vandermeer Edm (cross-checking) 11:43, Strudwick Edm (interference) 16:44.
Third Period
4. Edmonton, Jones 16 (Cogliano, Giroux) 1:11
5. Pittsburgh, Michalek 2 (Adams, Talbot) 7:52
6. Pittsburgh, Kunitz 20 (Neal, Kennedy) 16:11 (pp)
Penalties — Petry Edm (tripping) 4:48, Fleury Pgh (delay of game; served by Rupp) 13:14, Brule Edm (charging) 14:56.
Shots

Edmonton	2	11	16	—29
Pittsburgh	13	10	10	—33

Goal — Edmonton: Dubnyk (L,10-11-7); Pittsburgh: Fleury (W,31-17-5). **Power plays (goals-chances)** — Edmonton: 0-4; Pittsburgh: 1-6. **Referees** — Mike Leggo, Brad Watson. **Linesmen** — Michel Cormier, Derek Nansen.
Att. — 18,197 (18,087) at Pittsburgh.

SABRES 6, SENATORS 4

First Period
1. Buffalo, Ennis 16 (Connolly, Sekera) 5:40
2. Ottawa, Spezza 14 (Karlsson, Gonchar) 8:52 (pp)
3. Buffalo, Vanek 25 (Gaustad, Weber) 12:26
4. Ottawa, Greening 2 (Winchester, Spezza) 18:16
Penalties — C.Butler Buf (interference) 8:36, Sekera Buf (charging) 19:41, Karlsson Ott (diving, unsportsmanlike conduct), C.Butler Buf (hooking) 19:56.
Second Period
5. Buffalo, Ennis 17 (Connolly, Weber) 1:37
6. Buffalo, Gaustad 10 (Mancari, Vanek) 2:10
7. Ottawa, Spezza 15, 9:39
8. Buffalo, Gerbe 9 (Weber, Pominville) 14:34
Penalties — Hecht Buf (hooking) 17:42, C.Butler Buf (cross-checking) 18:52.
Third Period
9. Buffalo, Boyes 16 (Pominville, Sekera) 8:16
10. Ottawa, Karlsson 12 (Spezza) 19:15
Penalty — Kuba Ott (hooking) 6:16.
Shots

Ottawa	16	13	9	—38
Buffalo	13	11	9	—33

Goal (shots-saves) — Ottawa: Anderson (17-13), McElhinney (L,7-10-1)(2:10 second)(16-14); Buffalo: Enroth (W,5-2-1). **Power plays (goals-chances)** — Ottawa: 1-4; Buffalo: 0-2. **Referees** — Paul Devorski, Marcus Vinnerborg. **Linesmen** — Brad Kovachik, Greg Devorski.
Att. — 18,690 (18,690) at Buffalo.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	37	52	89
Stamkos, TB	43	41	84
H.Sedin, Vcr	16	67	83
St. Louis, TB	26	55	81
Perry, Ana	36	39	75
Ovechkin, Wash	28	45	73
Kopitar, LA	24	46	70
Toews, Chi	29	40	69
Zetterberg, Det	18	51	69
Iginla, Cal	30	37	67
Crosby, Pgh	32	34	66
B.Richards, Dal	25	40	65
Sharp, Chi	34	30	64
C.Giroux, Pha	22	42	64
E.Staal, Car	29	34	63
Eriksson, Dal	23	40	63
Kesler, Vcr	34	28	62
Selanne, Ana	21	41	62
Ryan, Ana	32	28	60
Nash, Clb	29	31	60
Vanek, Buf	25	35	60
P.Kane, Chi	23	37	60
Havlat, Minn	21	38	59
Ribeiro, Dal	15	44	59
J.Carter, Pha	30	28	58
M.Richards, Pha	19	39	58
Tavares, NYI	25	32	57
J.Williams, LA	22	35	57
Getzlaf, Ana	17	40	57
Datsyuk, Det	22	34	56
Heatley, SJ	22	34	56
J.Thornton, SJ	16	40	56
Visnovsky, Ana	14	42	56
Yandle, Phx	10	46	56
Briere, Pha	29	26	55
Tanguay, Cal	18	37	55
Backstrom, Wash	17	38	55
Lidstrom, Det	14	41	55
Krecji, Bos	10	44	54
Grabovski, Tor	27	26	53
Ladd, Atl	26	27	53
Clowe, SJ	22	31	53
Plekanec, Mtl	21	32	53
Lucic, Bos	29	23	52
Kessel, Tor	28	24	52
Marleau, SJ	27	25	52
MacArthur, Tor	20	32	52
P.Stastny, Col	20	32	52
Backes, StL	25	26	51
Duchene, Col	21	30	51

Last night's games not included

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	11	9	2	.818	132	101	—
Buffalo	10	7	3	.700	110	93	1½
Boston	11	6	5	.545	117	102	3
Rochester	10	5	5	.500	93	107	3½
Philadelphia	11	4	7	.364	99	125	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	10	7	3	.700	121	109	—
Minnesota	9	5	4	.556	102	98	1½
Washington	11	5	6	.455	146	135	2½
Edmonton	10	2	8	.200	103	128	5
Colorado	9	1	8	.111	80	105	5½

Sunday's result
Calgary 17 Washington 13
WEEK 11
Saturday's game
All times Eastern
Edmonton at Calgary, 9:30 p.m.

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Seattle	10	4	.714
Detroit	13	7	.650
Kansas City	10	6	.625
Texas	9	7	.563
Baltimore	8	7	.533
Minnesota	9	8	.529
Boston	9	8	.529
Toronto	8	8	.500
Los Angeles	8	10	.444
Oakland	7	10	.412
Tampa Bay	6	9	.400
Cleveland	6	9	.400
Chicago	6	10	.375
New York	6	10	.375

NATIONAL LEAGUE

	W	L	Pct
San Francisco	14	5	.737
Atlanta	11	5	.688
Colorado	12	6	.667
Milwaukee	11	6	.647
Philadelphia	12	7	.632
Washington	10	6	.625
Cincinnati	10	7	.588
St. Louis	8	7	.533
San Diego	8	8	.500
New York	8	9	.471
Chicago	8	11	.421
Pittsburgh	8	11	.421
Florida	5	11	.313
Houston	6	14	.300
Arizona	5	15	.250
Los Angeles	5	15	.250

NOTE: Split-squad games count in the standings; games against non-major league teams do not.
Yesterday's results
Texas 5 L.A. Dodgers 4
San Diego 7 Chicago White Sox 6
Minnesota 9, Florida 0
Baltimore 8, Pittsburgh 2
St. Louis 1, Atlanta 1, tie, 10 innings
Philadelphia 7, Houston 6
Colorado 3 Cincinnati 2
Seattle 5 Chicago Cubs 3
Milwaukee 12 San Francisco 8
Detroit 4, Washington 2
Cleveland 9 Oakland 8
N.Y. Yankees vs. Boston
Today's games
All times Eastern
Houston vs. Baltimore at Sarasota, Fla., 1:05 p.m.
Boston vs. Detroit at Lakeland, Fla., 1:05 p.m.
Philadelphia vs. Toronto at Dunedin, Fla., 1:05 p.m.
Florida vs. Tampa Bay at Port Charlotte, Fla., 1:05 p.m.
Atlanta vs. St. Louis at Jupiter, Fla., 1:05 p.m.
Colorado vs. Chicago Cubs (ss) at Mesa, Ariz., 4:05 p.m.
Chicago Cubs (ss) vs. Oakland (ss) at Phoenix, 4:05 p.m.
Oakland (ss) vs. K.C. at Surprise, Ariz., 4:05 p.m.
Milwaukee vs. Cleve. at Goodyear, Ariz., 4:05 p.m.
L.A. Angels vs. San Diego at Peoria, Ariz., 4:05 p.m.
Texas vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.
Wash. vs. NYM at Port St. Lucie, Fla., 7:10 p.m.
San Fran. vs. Arizona at Scottsdale, Ariz., 9:40 p.m.

CYCLING

TIRRENO-ADRIATICO

At Macerata, Italy
Sixth stage
1. Cadel Evans, Australia, BMC, four hours 37 minutes 58 seconds; 2. Giovanni Visconti, Italy, Farnese Vini, same time; 3. Michele Scarponi, Italy, Lampre, s.t.; 4. Vincenzo Nibali, Italy, Liquigas, s.t.; 5. Ivan Basso, Italy, Liquigas, s.t.; 6. Wouter Poels, Netherlands, Vacansoleil, s.t.; 7. Stefano Garzelli, Italy, Acqua & Sapone, s.t.; 8. Robert Gesink, Netherlands, Rabobank, s.t.; 9. Philippe Gilbert, Belgium, Omega Pharma-Lotto, s.t.; 10. Tiago Machado, Portugal, Radioshack, s.t.
Overall standings
(after six of seven stages)
1. Cadel Evans, Australia, BMC, 27 hours 26 minutes 33 seconds; 2. Michele Scarponi, Italy, Lampre, nine seconds behind; 3. Ivan Basso, Italy, Liquigas, 0:12; 4. Robert Gesink, Netherlands, Rabobank, 0:15; 5. Vincenzo Nibali, Italy, Liquigas, 0:21

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Boston	47	18	.723	—
y-Chicago	47	18	.723	—
x-Miami	45	21	.682	2½
Orlando	42	25	.627	6
Atlanta	38	28	.576	9½
New York	34	31	.523	13
Philadelphia	34	32	.515	13½
Indiana	28	38	.424	19½
Charlotte	28	38	.424	19½
Milwaukee	26	39	.400	21
Detroit	23	44	.343	25
New Jersey	22	43	.338	25
Toronto	18	48	.273	29½
Washington	16	49	.246	31
Cleveland	12	53	.185	35

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	54	12	.818	—
Dallas	47	19	.712	7
d-L.A. Lakers	47	20	.701	7½
d-Oklahoma City	43	23	.652	11
Denver	39	27	.591	15
New Orleans	39	29	.574	16
Portland	37	29	.561	17
Memphis	36	31	.537	18½
Phoenix	33	31	.516	20
Utah	34	33	.507	20½
Houston	33	34	.493	21½
Golden State	30	36	.455	24
L.A. Clippers	26	41	.388	28½
Minnesota	17	51	.250	38
Sacramento	15	49	.234	38

d – division leader; **x** — clinched playoff berth; **y** — clinched division.
Last night's results
New Jersey 88 Boston 79
Oklahoma City 116 Washington 89
L.A. Clippers at Memphis
Denver at New Orleans
San Antonio at Miami
Phoenix at Houston
Philadelphia at Utah
Golden State at Sacramento
Orlando at L.A. Lakers
Sunday's results
Charlotte 95 Toronto 90
Boston 87 Milwaukee 56
Golden State 100 Minnesota 77
Indiana 106 New York 93
Oklahoma City 95 Cleveland 75
Orlando 111 Phoenix 88
Tonight's games
All times Eastern
New York at Indiana, 7 p.m.
Milwaukee at Atlanta, 7 p.m.
Washington at Chicago, 8 p.m.
Dallas at Portland, 10 p.m.

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
x-New Zealand	5	4	0	1	0	8
x-Sri Lanka	5	3	1	1	1	7
x-Australia	4	3	0	0	1	7
Pakistan	4	3	0	1	0	6
Zimbabwe	4	1	0	3	0	2
Canada	**5**	**1**	**0**	**4**	**0**	**2**
Kenya	5	0	0	5	0	0

GROUP B

	MP	W	T	L	NR	Pt
India	5	3	1	1	0	7
South Africa	4	3	0	1	0	6
West Indies	4	3	0	1	0	6
England	5	2	1	2	0	5
Bangladesh	4	2	0	2	0	4
Ireland	3	1	0	2	0	2
Netherlands	4	0	0	4	0	0

x — clinched berth in quarter-finals.
Yesterday's results
At Chittagong, India
Bangladesh vs. Netherlands
At Kandy (Pallekele), Sri Lanka
Pakistan vs. Zimbabwe
Sunday's results
At Mumbai, India
New Zealand (261 for nine) def. **Canada** (358-6) by 97 runs.
At Bangalore, India
Australia (324-6) def. Kenya (264-6) by 60 runs.

TENNIS

ATP-WTA BNP PARIBAS OPEN

At Indian Wells, Calif.
Sunday's result
Men's Singles — Second Round
Milos Raonic, Thornhill, Ont., def. Mardy Fish (13), U.S., 7-5, 6-4.
Yesterday's results
Men's Singles — Third Round
Rafael Nadal (1), Spain, def. Ryan Sweeting, U.S., 6-3, 6-1.
Philipp Kohlschreiber (32), Germany, def. Robin Soderling (4), Sweden, 7-6 (8), 6-4.
Albert Montanes (23), Spain,, def. Nicolas Almagro (11), Spain, 4-6, 6-2, 6-4.
Juan Martin del Potro, Argentina, def. Alexander Dolgopolov (20), Ukraine, 7-6 (3), 6-3.
Tommy Robredo (25), Spain, def. Donald Young, U.S., 6-0, 6-4.
Men's Doubles — Second Round
Novak Djokovic and Viktor Troicki, Serbia, def. Lukasz Kubot, Poland, and Oliver Marach (7), Austria, 6-4, 4-6, 10-7.
Women's Singles — Third Round
Caroline Wozniacki (1), Denmark, def. Maria Jose Martinez Sanchez (28), Spain, 6-1, 6-3.
Victoria Azarenka (8), Belarus, def. Urszula Radwanska, Poland, 7-6 (3), 6-3.
Agnieszka Radwanska (9), Poland, def. Maria Kirilenko (24), Russia, 6-0, 2-6, 7-5.
Alisa Kleybanova (22), Russia, def. Flavia Pennetta (13), Italy, 6-3, 6-4.
Maria Sharapova (16), Russia, def. Aravane Rezai (20), France, 6-2, 6-2.
Women's Doubles — Second Round
Sania Mirza, India, and Elena Vesnina, Russia, def. Iveta Benesova and Barbora Zahlavova Strycova (7), Czech Republic, 6-2, 6-3.
Klaudia Jans and Alicja Rosolska, Poland, def. Chuang Chia-jung, Taiwan, and Alexandra Dulgheru, Romania, 6-1, 4-6, 10-5.

ATP TOUR MONEY LEADERS

(all figures in U.S. dollars)

1. Novak Djokovic	$2,588,395
2. Andy Murray	$1,122,597
3. Roger Federer	$778,374
4. David Ferrer	$768,508
5. Robin Soderling	$674,090
6. Nicolas Almagro	$419,550
7. Andy Roddick	$400,562
8. Tomas Berdych	$389,489
9. Alexandr Dolgopolov	$355,899
10. Stanislas Wawrinka	$330,937
11. Jo-Wilfried Tsonga	$315,146
12. Milos Raonic	**$314,967**

GOLF

MEN'S WORLD RANKING

Through March 13

1. Martin Kaymer	GER	8.20
2. Lee Westwood	ENG	7.84
3. Luke Donald	ENG	6.73
4. Graeme McDowell	NIR	6.37
5. Tiger Woods	USA	6.14
6. Phil Mickelson	USA	5.99
7. Paul Casey	ENG	5.93
8. Rory McIlroy	NIR	5.63
9. Matt Kuchar	USA	5.37
10. Steve Stricker	USA	5.37
11. Dustin Johnson	USA	5.24
12. Jim Furyk	USA	4.97
13. Ernie Els	SAF	4.91
14. Ian Poulter	ENG	4.57
15. Nick Watney	USA	4.56
16. Francesco Molinari	ITA	4.53
17. Bubba Watson	USA	4.35
18. Hunter Mahan	USA	4.29
19. Retief Goosen	SAF	4.28
20. Robert Karlsson	SWE	4.19

SOCCER

PORTUGAL

LIGA

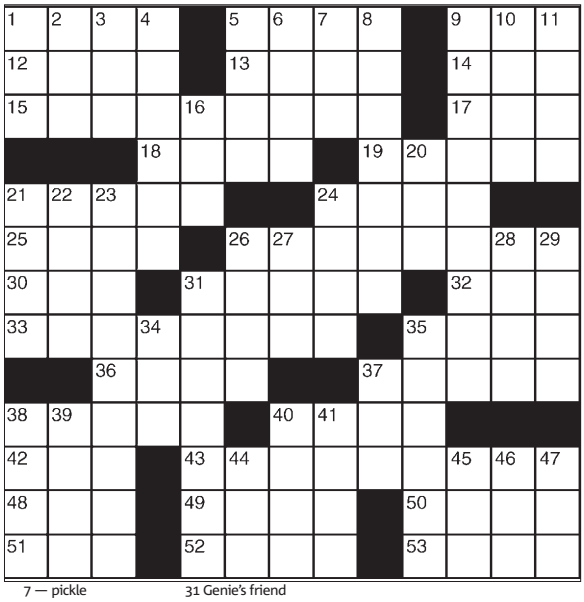
Yesterday's result
Leiria 0 FC Porto 2

SPAIN

LA LIGA

Yesterday's result
Getafe 2 Athletic Bilbao 2

Crossword



Across

1 Mideast gulf
5 Coasted
9 — Na Na
12 Son of Jacob and Leah
13 Top-rated
14 Glutton
15 2010 ballet movie
17 "— Town"
18 Smooch
19 "Turandot," e.g.
21 Wan
24 Impale
25 String instrument
26 Urged
30 Mess up
31 19-Across solos
32 Atmosphere
33 Fidgety
35 Farm fraction
36 Historic times
37 Distorted
38 "— on a true story"
40 Johann Sebastian —
42 "Yecch!"
43 Topic that's over and done with
48 Pair
49 Grooving on
50 Autumn tool
51 Witness
52 Untouchable Eliot
53 Kuwaiti leader

Down

1 Priestly vestment
2 Atl. state
3 Gabor or Peron
4 Jefferson's on it
5 Lip
6 Depressions
7 — pickle
8 Means
9 One who gives you a shine
10 Day portion
11 Taj Mahal city
16 Relatives
20 Chum
21 State
22 Beget
23 Good luck symbol
24 Hot tubs
26 Enrages
27 Wrong (Pref.)
28 Limerick's land
29 Sketched
31 Genie's friend
34 Uno, due, —
35 On the beach
37 Interlaken interjection
38 Unopened flowers
39 Chills and fever
40 Belfry fliers
41 Commotions
44 Away from WSW
45 Aries
46 Tackle moguls
47 Always, in verse

▶ Weekend's answer

Sudoku

	4	1					5	
9					1		6	
6			9		3	1		
	1			3		7		5
3		8		6			2	
		9	1		5			4
	8		4					7
	2					5	9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer ▶

1	5	6	2	7	9	4	8	3
7	8	4	5	1	3	2	9	6
3	2	9	8	4	6	5	7	1
8	6	1	4	3	7	9	5	2
4	9	7	1	2	5	6	3	8
5	3	2	6	9	8	7	1	4
6	7	5	3	8	2	1	4	9
2	1	8	9	5	4	3	6	7
9	4	3	7	6	1	8	2	5

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YOUR COCONUT (THE ORIGINAL 1)

Michelle M. I do love you. I think of you every day. **TIM**

Honey! Over the past year and a half, we have grown so close and I cant imagine being with anyone else. I Love you with my whole heart. And I love being A Squared **KISS KISS**

Mr. Mikhailovski; Morals and Responsibility. Loyalty and Family ties. Honour and Betrayal - You have showed me valuable life lessons and for this I love You.
MISS YAPP

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Take life as it comes today, and leave yourself plenty of time for social activities. Friends will pop by when you least expect them, so don't tie yourself down to too many things.

♉ Taurus April 21-May 21 With Venus, your ruler, aspecting career planet Saturn, you will be assertive today. You know what you want, you know how to get it and you won't let anything stand in your way.

♊ Gemini May 22-June 21 If you are the kind of Gemini who thinks about the meaning of life, you will discover something of interest over the next 24 hours. It may sound a bit wacky but don't dismiss it out of hand. There's wisdom there.

♋ Cancer June 22-July 22 Anxieties you thought you had dealt with will return in unexpected ways today and tomorrow. If you face up to them honestly, you'll find out why they have reappeared. Then they'll be gone for good.

♌ Leo July 23-Aug.23 You'll be faced with more than one situation today that challenges you to think about the way you deal with people with whom you live and work. What you need to learn is that compromise is a necessity.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in the area of your chart that governs your work and your wellbeing will make it easy for you to adapt to rapidly changing situations.

♎ Libra Sept. 23-Oct. 23 Venus, your ruler, makes an excellent aspect to Saturn in your sign today, and while it may not be true to say that anything is possible, most things undoubtedly will be. Be selective in your ambitions.

♏ Scorpio Oct. 24-Nov. 22 The most important thing today is that you resolve any differences of opinion you have with loved ones. You may disagree on minor issues but overall you are still on the same wavelength.

♐ Sagittarius Nov. 23-Dec. 21 Travel is on your mind and even if you can't get away right now, you'll be making plans for summer. Make plans for loved ones, too.

♑ Capricorn Dec. 22-Jan. 20 You have started many new things recently, but you need to decide which of your projects is worth continuing. The more focused your energy, the more successful you will be.

♒ Aquarius Jan. 21-Feb. 18 Venus in your sign makes a perfect angle to Saturn, planet of stability, today. One particular relationship is about to become more meaningful to you. Stop denying you were made for each other.

♓ Pisces Feb. 19-March 20 Your imagination will get the better of you today, and that's not a bad thing. You do some of your best work when you shut out the "real" world.
SALLY BROMPTON

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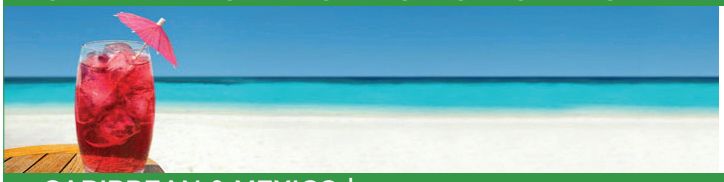

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